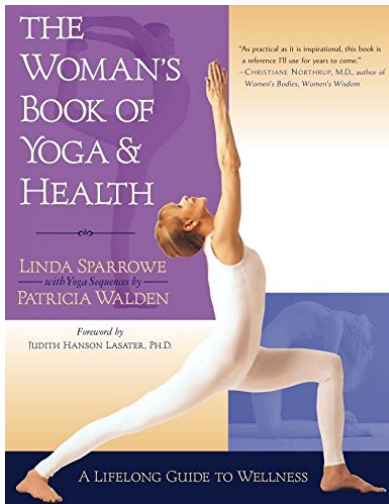


The Woman's Essential Sequence
Sunday, Sept. 19, 2021
10:30 AM – 12:30 PM
In-person (space is limited) or via Zoom
\$30 in advance; \$35 day of



A hallmark of the Iyengars' approach to yoga is their intelligent sequencing and sensible approach to adjusting poses according to the practitioner's needs.

This intelligence and sensibility extends to yoga practices for women's monthly and life cycles.

Join Kristen Kepnick for this workshop based on the "Woman's Essential Sequence" as developed by Patricia Walden for *The Woman's Book of Yoga & Health*.

This 26-pose sequence takes the body through its complete range of motion and provides support for the endocrine, nervous, digestive and reproductive systems.

Though the sequence was designed to support women's health, it is appropriate for all.

Anyone with 6-months or more of Iyengar yoga experience is welcome to attend.

Contact Kristen with questions and to register:
kristen.kepnick@gmail.com; 708-759-4412

